

Abstract

Name: View and attitudes to sport and physical activities in secondary school's teachers lifestyle

The aim of this thesis was to investigate the point of views and attitude of high school teachers in sport and physical activities in their lifestyle.

The study ran over the republic using a questionnaire method. In general, the research was focused on a comparison of opinions and attitude of teachers in four age categories (18 – 30 years, 31 – 45 years, 46 – 60 years, 61 years and older), further, according to gender and teaching qualification and non teaching qualification in physical education. Overall, 999 teachers were responded.

In most cases, the results confirmed our working hypothesis. Generally, most of the teachers have positive opinions and attitudes to sport and physical activities in their lifestyle.

Keywords: sport, physical activities, lifestyle